

Pumpkin and Sage Pilaf

Here is a recipe from Dr. Dean Ornish's Spectrum book that I thought was delightfully seasonal and easy. Plus canned pumpkin has beta carotene (precursor to Vit A) which protects against some cancers + heart disease. The USDA states that canned pumpkin contains more beta carotene than fresh because of the canning process (much like cooked tomatoes have more Lycopene than raw).

Serves 4-6

Ingredients:

1 14oz can pureed pumpkin (organic if possible)

4 C low-sodium vegetable or chicken broth

1/4 C minced yellow onion (about 1/2 small onion)

1 Tbsp minced fresh sage, or 2 tsp dried

2 C brown rice

1/4 C dry white wine

Salt to taste

Nonstick cooking spray (like Canola)

1/4 C pumpkin seeds, shelled

Directions:

1. Stir the pumpkin and broth together and heat in a small pan over medium heat.
2. Coat the bottom of a stockpot that has a tight-fitting lid with nonstick cooking spray and sauté the onion and sage over low heat.
3. When the onion starts to get soft, add the rice.
4. Stir the rice, then add the wine.
5. When the wine is almost completely absorbed, add the pumpkin and broth mixture.
6. Add a pinch of salt and bring to a boil.
7. Place the lid on the pot and turn down to low. Cook until rice is tender, about 40 minutes.
8. Serve with pumpkin seeds sprinkled on top